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# Time to Relax

**BEFORE YOU LOOK**

1. What activities or settings do you envision when you think about taking time to relax?
2. How might the image capture the essence of relaxation and unwinding?
3. What emotions or experiences do you associate with finding a moment of peace and relaxation?



*This image showcases four young teens engaged in their favorite leisure activities in a lush, outdoor park setting. This scene captures the essence of individuality and the importance of leisure time in the personal growth and relaxation of young people.*